Module 2 – Summary and Reflection

In Module 2, you learned how to tackle your eating triggers, curb hunger, increase your self-control, and create a mindset that would enable you to maintain your weight loss as time goes on.

You discovered strategies to help you cope with eating triggers, such as:

- Emotional eating triggers – self-soothing with food
- Environmental triggers, like walking into a movie theater and smelling the popcorn, wanting a margarita and chips when you see a beach, hoping for hot cocoa when it snows, getting hungry for junk food when you sit down to watch TV, and more
- Late night hunger
- Hating to cook, so hunger or mealtime sends you to the nearest drive-thru or the phone to order take-out

You found out that it's smart and effective to work with your body's own natural processes to curb hunger. Strategies like eating potatoes, protein snacks, or chewing gum can all curb hunger. Aromas of certain foods, like grapefruits, can suppress your appetite, while other food aromas tend to make you take smaller bites or eat less.

Even easy strategies, though, require some self-control to implement, so **you learned to strengthen your self-control** regarding food with techniques like getting enough sleep, making desirable substitutions for cravings, and focusing on one area of improvement at a time.

In the last lesson, you got to look ahead as you learned how to change your thinking so you could maintain your target weight in the future.

So now, after a reflection, this brings you to the end of the course. I hope you enjoyed the lessons and will continue to use these easy techniques to help you obtain the body you desire.

Self-Reflection

1. What is your most challenging eating trigger? Make a note of the ideas in the lesson that most closely describes your trigger. Create a plan to tackle this trigger, and the next time it strikes, put your plan into action.

2. How does getting enough sleep affect your self-control? Do you feel like you get enough sleep? How could you increase the time or quality of your sleep?

3. Breakfast plays a significant role in keeping you from being hungry during the rest of the day. Do you eat a complete breakfast that includes carbohydrates, proteins, and healthy fats? If not, how can you change your schedule to include this important meal?

4. Your stress level affects when and how much you eat. How do you manage stress? What are some relaxation practices can you add to your life to reduce your stress?

5. What are some ways you can remind yourself to chew well and eat slowly?

6. What is your weight loss goal? Divide this goal into smaller increments, or steps, that you can take to get there. What are some rewards that you would enjoy giving yourself as you complete each step?

7. Once you reach your target weight, what is your plan to maintain that weight for the long-term?